

AMENDED IN ASSEMBLY MARCH 29, 2005

CALIFORNIA LEGISLATURE—2005–06 REGULAR SESSION

## ASSEMBLY BILL

No. 689

Introduced by Assembly Member Nava

February 17, 2005

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An act to add Sections 51210.6 and 51210.8 to the Education Code, relating to curriculum.

### LEGISLATIVE COUNSEL'S DIGEST

AB 689, as amended, Nava. Nutrition and physical activity curriculum.

Existing law requires the State Board of Education to adopt instructional materials in designated subject areas for use in kindergarten and grades 1 to 8, inclusive, and to ensure that curriculum frameworks are reviewed and adopted in each subject area consistent with the cycles for the submission of instructional materials. Existing law requires the State Department of Education to incorporate nutrition education curriculum content into the health curriculum framework at its next revision, with a focus on pupils' eating behaviors.

This bill would require the ~~department~~ *state board* to incorporate specified exercises and activities related to nutrition and physical activity into each of the reading, ~~English language arts~~ *English/language arts*, English language development, history/social science, science, and mathematics instructional materials criteria at its next revision. The bill would require the *state* board to adopt, on or before ~~December 1, 2007~~ *March 1, 2008*, model content standards in the curriculum area of health education. The bill would make that duty contingent upon the availability of funding.

Vote: majority. Appropriation: no. Fiscal committee: yes.  
State-mandated local program: no.

*The people of the State of California do enact as follows:*

- 1 SECTION 1. The Legislature hereby finds and declares all of  
2 the following:
- 3 (a) Physical inactivity and a poor diet account for at least  
4 300,000 deaths in the United States each year.
- 5 (b) According to a 2004 study by the Centers for Disease  
6 Control and Prevention, deaths caused by physical inactivity and  
7 a poor diet increased by 33 percent over the past decade and may  
8 soon become the leading preventable cause of death.
- 9 (c) *The National Center for Health Statistics reports that the*  
10 *percentage of young people who are overweight has doubled*  
11 *since 1980.*
- 12 (d) *Of children 5 to 10 years of age who are overweight, 61*  
13 *percent have one or more cardiovascular disease factors and 27*  
14 *percent have two or more.*
- 15 (e) *Over 25 percent of California's 5th, 7th, and 9th grade*  
16 *pupils are overweight, and close to 75 percent are physically*  
17 *unfit.*
- 18 ~~(e)–~~
- 19 (f) According to the American School Food Service  
20 Association's study of the impact of hunger and malnutrition on  
21 pupil achievement, published in the School Board Food Service  
22 Research Review, among fourth grade pupils, those having the  
23 lowest amount of protein in their diets had the lowest  
24 achievement scores.
- 25 ~~(d)–~~
- 26 (g) Iron deficiency anemia leads to shortened attention span,  
27 irritability, fatigue, and difficulty with concentration.  
28 Consequently, children who are anemic tend to do poorly on  
29 vocabulary, reading, and other tests, as explained in the  
30 Relationship Between Nutrition and Learning: A School  
31 Employee's Guide to Information and Action, published by the  
32 National Education Association.
- 33 ~~(e)–~~
- 34 (h) A study by the Center on Hunger, Poverty and Nutrition  
35 Policy found that even moderate undernutrition, consisting of

1 inadequate or suboptimal nutrient intake, can have lasting effects  
2 and can compromise cognitive development and school  
3 performance.

4 ~~(f)~~

5 (i) The National Association for Sport and Physical Education  
6 cites nearly 200 studies on the effect of physical activity on  
7 learning, which show that physically fit children perform better  
8 academically.

9 ~~(g) Because nutrition education is an effective way of~~  
10 ~~developing healthy eating patterns among pupils, one of the~~  
11 ~~Healthy People 2000 objectives of the United States Department~~  
12 ~~of Health and Human Services is to increase nutrition education~~  
13 ~~in schools.~~

14 (j) *In 1997, the Institute of Medicine advised that pupils*  
15 *should receive the health-related education and services*  
16 *necessary for them to derive maximum benefit from their*  
17 *education and to enable them to become healthy, productive*  
18 *adults. Thus, the objectives of the Healthy People 2010 initiative*  
19 *of the United States Department of Health and Human Services*  
20 *include increasing the proportion of schools that provide health*  
21 *education to prevent several health problems, including*  
22 *education with respect to unhealthy dietary patterns and*  
23 *inadequate physical activity.*

24 ~~(h)~~

25 (k) There is a need for both a sequential physical education  
26 that involves moderate to vigorous physical activity and teaches  
27 knowledge, motor skills, and positive attitudes and activities that  
28 all pupils can enjoy and pursue throughout their lives that are  
29 taught by well-prepared and well-supported staff, as well as a  
30 coordinated curriculum that incorporates nutrition and physical  
31 activity across academic subject areas, laying the foundation for  
32 lifelong healthy habits.

33 SEC. 2. Section 51210.6 is added to the Education Code, to  
34 read:

35 51210.6. The ~~department~~ *State Board of Education* shall  
36 incorporate exercises and activities related to nutrition and  
37 physical activity into each of the reading, English language arts,  
38 English language development, history/social science, science,  
39 and mathematics instructional materials criteria at its next  
40 revision. Exercises and activities shall focus on both pupil eating

1 behavior and physical activity by incorporating health promotion  
2 messages based on theories and methods proven effective by  
3 published research.

4 (a) Nutrition exercises and activities shall be designed to help  
5 pupils learn all of the following:

6 (1) Nutritional knowledge, including, but not limited to, the  
7 benefits of healthy eating, essential nutrients, nutritional  
8 deficiencies, principles of healthy weight management, the use  
9 and misuse of dietary supplements, and safe food preparation,  
10 handling, and storage.

11 (2) Nutrition-related skills, including, but not limited to,  
12 planning a healthy meal, understanding and using food labels,  
13 and critically evaluating nutrition information, misinformation,  
14 and commercial food advertising.

15 (3) How to assess their own personal eating habits, set goals  
16 for improvement, and achieve those goals by using the Food  
17 Guide Pyramid, Dietary Guidelines for Americans, Nutrition Fact  
18 Labels, and the Physical Activity Pyramid.

19 (b) Physical activity exercises and activities shall be designed  
20 to help pupils do all of the following:

21 (1) Develop the knowledge, motor and movement skills,  
22 self-management skills, attitudes, and confidence needed to adopt  
23 and maintain physical activity throughout their lives.

24 (2) Understand the connection between physical activity,  
25 physical health, mental health, capacity for learning, and overall  
26 well-being in the short term and in the long term.

27 (3) Learn the importance of all of the following:

28 (A) Reducing sedentary time, including, but not limited to,  
29 viewing television, playing video games, or talking on the  
30 telephone, to less than two hours each day.

31 (B) Increasing moderate and vigorous activity each day.

32 (C) Participating in physical activity outside of school.

33 (c) This section does not supplant any comprehensive health  
34 education programs, as defined in Section 51890.

35 SEC. 3. Section 51210.8 is added to the Education Code, to  
36 read:

37 51210.8. (a) On or before ~~December 1, 2007~~, *March 1, 2008*,  
38 based on recommendations of the Superintendent, the State  
39 Board of Education shall adopt model content standards in the  
40 curriculum area of health education.

(b) The model content standards shall provide a framework for programs that a school may offer in the curriculum area of health education. This section does not require a school to follow the model content standards.

(c) The model content standards described in subdivision (a) shall only be developed if sufficient funds are made available for that purpose.

CORRECTIONS:

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